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# Over-40 sergeant wins Army 10-Miler

By Gary Sheftick  
WASHINGTON (Army News Service, Oct. 16, 2000)  
- Ahead of a record 16,000 runners, 41-year-old Sgt. Sammy Ngatia from Fort Carson, Colo., finished the Army Ten Miler Sunday in 48:50.  
His teammate, Spc. Teddy Mitchell, finished two seconds later to earn the Commander's Cup and a first-place victory for the Fort Carson team. National Guard soldier Mike Dudley from Boulder, Colo., finished third and Spc. Phillip Castillo of Fort Carson's 3rd Armored Cavalry Regiment placed fourth overall.  
Former 2nd Lt. Dan Browne, previously of Fort Carson's World Class Athlete Program, still holds the race record with a time of 47:44, which he set in 1997.  
This was the first win for Ngatia, who has been running distance since 1981. He credited his success to interval work this year, speed walking and "trying to run away from the young boys."  
Ngatia, a six-year Army veteran who works at Carson's



(Photo by Tim Hippi)

## They're OFF!

Runners break to the starting gun Sunday at 8 a.m. for the 16th annual running of the Army Ten Miler, which began and ended at the Pentagon.



10th Corps Support Hospital, ran close behind his younger teammate Mitchell for most of the race, then sprinted ahead about 300 yards from the finish line.  
Mitchell, an Army engineer, plans to run the Chicago marathon this coming weekend. He finished 10th overall in the U.S. Olympic marathon trials this summer.  
More than 16,000 runners and 740 teams participated in the 16th annual running of the Army Ten Miler Sunday under bright skies and unseasonably warm temperatures in the nation's capital. The race started and finished at the Pentagon with runners crossing the Memorial Bridge, running to the Capitol Building and then looping back across the Potomac on I-395.  
Naoko Ishibe of Silver Spring,

## Hangin

Eventual race winner Sammy Ngatia spent most of the Army Ten Miler drafting off race leader Teddy Mitchell. Sgt. Ngatia, 41, a masters runner from Fort Carson, Colo., overtook Mitchell with about 300 yards from the finish to win in 48 minutes, 50 seconds.

Md., was the top female runner with a time of 56:40. Alisa Harvey from Manassas, Va., took second with a time of 56:49. Megan Raterman, an Army civilian employee at Bad Kreuznach, Germany, took third, finishing in exactly one hour.  
The U.S. Army Europe Women finished first in the active-duty open women's team competition, with the Fort Bragg (N.C.) women coming in second. Fort Bragg also placed second in the active-duty open men's team competition, behind Carson.  
A Special Operations Command team from Fort Bragg ran 335 miles before the Ten Miler even began. Twelve soldiers left Bragg before dawn on Oct. 11, each running more than 30-mile legs of the 3rd Annual Warrior Relay. They ran to raise college funds for the children of fallen Special Operators such as Army Green Berets and Navy SEALs. They arrived at the Pentagon Saturday afternoon and met Sgt. Maj. of the Army Jack Tilley before running in the Ten Miler Sunday morning.  
The Fort Rucker Fliers from Alabama placed first in the active-duty men's mixed team competition and the Defense Language Institute Speedsters from California took second.  
Oregon placed first in the National Guard team competition with Puerto Rico coming in second. The 88th Regional Support Command from Fort Snelling, Minn., took first in the Army Reserve team category. New York's Liberty Torch team finished second.  
The Picatinny Pacers from Picatinny Arsenal, N.J., finished first in the government-agency team category. Fort Hood, Texas, civilians finished second.  
The Army Ten Miler is the nation's largest 10-mile race. Race coordinators had to close registration two weeks prior to the race because of the overwhelming number of registrants.



# Anza Days celebration takes over entire town

By Ellen Bilbrey  
Arizona State Parks PAO

In 1775 “gather your family and supplies and meet in the Plaza of the Presidio” was the word in the fort when Juan Bautista de Anza II, decided it was time to move west. Now it’s time to gather up your family and head to Tubac to join the fun.

On Oct. 23, 1775, Anza convinced 240 hearty souls to leave Tubac with him, all of whom would later become the first settlers of the town now known as “San Francisco.” They took cattle, supplies and everything needed to settle a new village ... except the cooking pots!

Mark your calendar and join the entire town of Tubac and Arizona State Parks’ first Historic State Park, Tubac Presidio, to commemorate this historic period in Arizona’s first European settlement. Anza Days are scheduled for Oct. 21 - 22.

The historic re-enactments of the 1775 trek are performed by colorful costumed volunteers clad in Spanish military garb of a “Soldado de Cuera” (Leather Jacketed Soldier) with lances and shields at the

ready.

The horse-riding soldados and others, will run drills and display weapons. Other re-enactors make the foods, tools and craft demonstrations of the period throughout the day. Hands-on activities for the children and stage presentations by Native-, Spanish-, Mexican- and Territorial-period cultures will be featured at the event on the State Park grounds and throughout the Artist Community of Tubac. Saturday night, a barbeque and dance rounds out this family weekend in historic Tubac.

Tubac is located 40 minutes south of Tucson, off I-19. The village’s many shops, galleries and restaurants will be open from 10 a.m. - 5 p.m. Several area Bed & Breakfast Inns make an overnight stay possible. The State Park’s museum, archaeological and historic sites may be toured from 8 a.m. - 5 p.m., daily.

To learn more about Anza Days 2000, or Tubac Presidio State Historic Park, call (520) 398-2252 or see the “Arizona State Parks” webpage at <http://www.pr.state.az.us>.

# Warning: Dead deer found in housing; residents alerted to be watchful for lions, bears

By Stan Williamson  
Scout Staff

Examination of a white-tailed deer carcass found in the yard of the unoccupied residence at 112 Dove St indicates the very old female, estimated to be eight-years-old, was most likely killed by a mountain lion.

According to Sheridan Stone, Fort Huachuca’s Wildlife Biologist, the deer was probably not killed by a canine.

The animal was suffocated by teeth clamped around neck shutting of oxygen to the trachea. Stone said the predator ate a portion of its kill, but presumably was scared off before finishing.

Military police were notified that there is a chance the predator will come back at dusk or after dark looking for the food it left.

Stone stressed that there is no “unusu-

ally great safety risk; just something to be aware of.” The predator can be chased off with lights and/or sound if an MP vehicle sees it.

The following safety tips are offered:

- Always make your yard and home less attractive to wild animals by keeping food unavailable to them.
- NEVER feed wildlife intentionally.

Once wild animals look to man as a food source, they are on the road to future conflict. Wildlife and people can lose.

- If confronted by a wild animal, the first rule is stay calm and DO NOT RUN or make any sudden movements when you are out in the open away from a protective structure or if the animal is extremely close. Remember that all wild animals can run extremely fast.
- Remain facing the animal and back away slowly. If you can safely get to a vehicle or any other secure structure, it is advisable to do so. Allow the animal plenty of room to escape. Wild animals that feel threatened, or those with cubs, can pose the greatest threat to your safety. Make loud noises to scare the animal away.
- Be aware that coming between a mother and her cubs is very dangerous. If you encounter a wild animal, always try to detect the presence of cubs and maintain a safe distance from both.
- If you encounter a bear or another wild animal on post, leave it alone, get away (don’t run) and notify the military police or the fort’s Fish Game Management office at 533-7083 or 533-7084.

# Army tackles Air Force in Turkey Bowl

By Tanja M. Linton  
Media Relations Officer

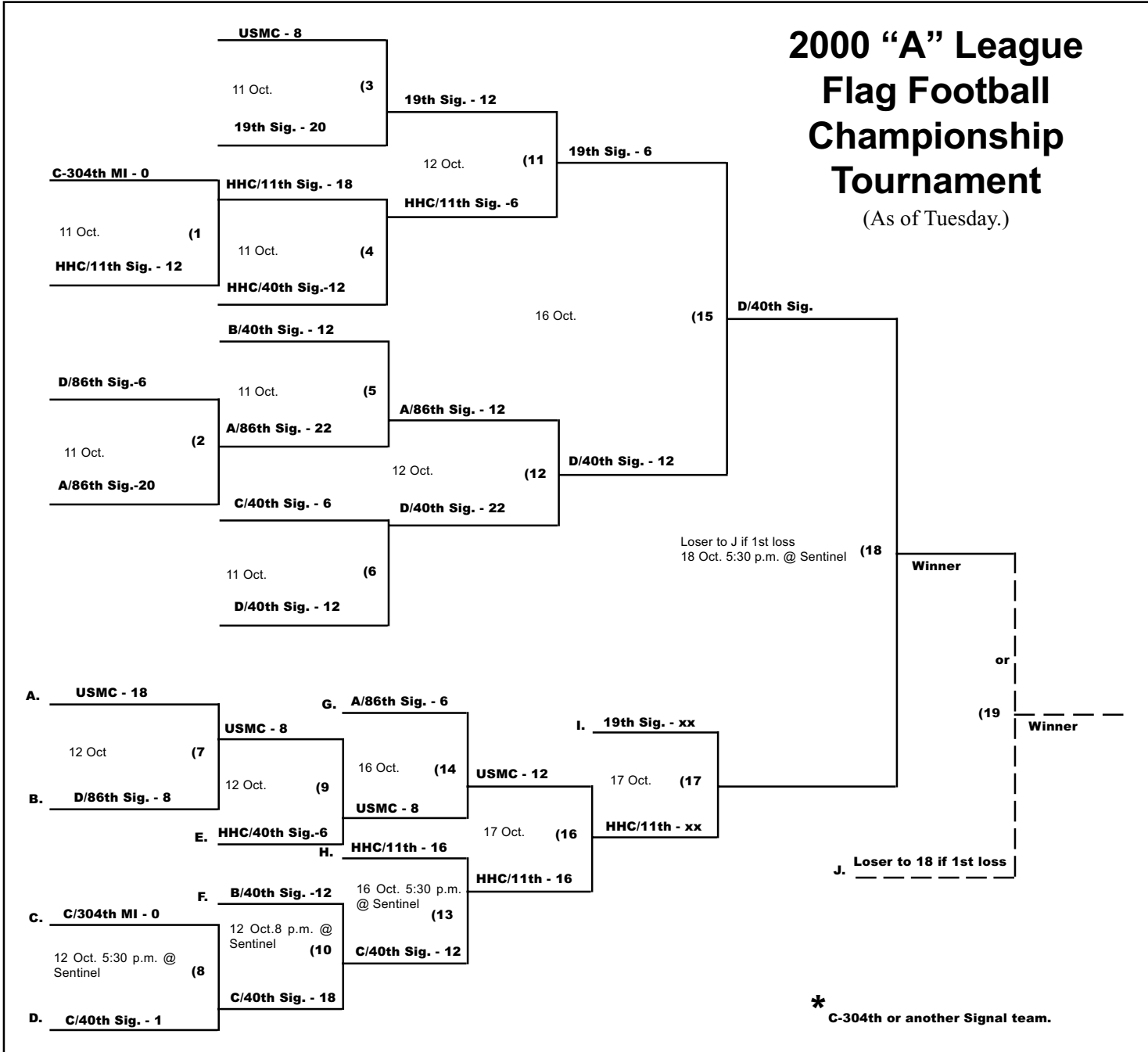
The Army takes on the Air Force in the 2000 Turkey Bowl football game Nov. 18 at the post’s Bujalski Field behind Barnes Field House. Kick off is scheduled for 10 a.m.

Teams will consist of the best active duty military football players from Fort Huachuca and Davis-Monthan Air Force Base.

There is no cost for this event and it is open to the public.

Designated tailgate party parking will be established at 8 a.m. for attendees who want to host do-it-yourself parties.

For more information call Michelle Kimsey, sports specialist, at 533-3180.



# New PT doctrine turns to former fitness

Story and photos by Cleo Brennan  
Fort Sam Houston Public Affairs

The speed of a two-mile run has very little bearing on a medic's ability to sprint and scramble from one casualty to another, or to drag and hoist a wounded comrade out of harm's way. Sit-ups and pushups don't really prepare soldiers to haul medical supplies and equipment through the shifting rubble of collapsing buildings. The high rate of training related injuries costs the Army dearly in peacetime, and could cost the nation even more in war.

Twenty years of unchanged Army physical fitness doctrine has produced soldiers who are good at performing sit ups, and pushups and running for a test score that adds to their promotion points, but who are relatively weak in the areas of agility, balance, and coordination. Now, the U.S. Army Physical Fitness School (USAPFS) at Fort Benning, Ga., is working on a physical readiness training program based on time-tested doctrine of the past to make soldiers ready for how they must move and work in combat in the future.

Col. Valerie Rice, chief, Operation Aegis, an AMEDD Center and School injury prevention and control program at Fort Sam Houston, Texas, considered what she heard of the new physical training (PT) program to have a lot of potential for preventing soldier injuries, and she invited the USAPFS to present a course here on the new PT.

"As an occupational therapist, it was very appealing to me," Rice said. "We did it with the idea that this new program will make not only more fit soldiers, but soldiers less prone to injury."

Representatives from each company in the 187th and 232nd medical battalions and from the 147th Medical Logistics Battalion went through the week of training to gain some knowledge of the new PT and



## Catch!

**Sgt. Christian Estores, 147th Medical Logistics Battalion, reaches up to catch a medicine ball, one of the pieces of fitness equipment being reintroduced in the new Army physical training program which increases the focus on flexibility, balance, agility and overall body strength.**

why it's important. As a test of the new PT, two platoons of the 147th will be trained and provided with all necessary workout equipment to follow the new PT program for six months. The rest of the battalion will continue to perform the standard PT program. Everyone will begin with a baseline PT test and at the end of the trial period, they will be retested and the results will be evaluated.

Some critics are skeptical about the need for every soldier to use fitness equipment during PT. Ed Thomas, instructional systems specialist at the USAPFS, observed that the medicine balls, the dumbbells, the war clubs and the wand have been around forever, and each of them does something so unique to the body that helps to build more complex skills. Further, he

added, calisthenics and gymnastics require no equipment.

The 147th moves a lot of heavy, well-packed medical supplies. The soldiers working in the warehouse do a lot of bending, twisting, stooping, lifting, turning and pushing.

These activities have a high potential to produce injuries, and Command Sgt. Maj. Jefforn Butler, battalion command sergeant major is hoping to see an improvement in fitness in those specific areas. When Rice briefed the unit on the new PT, it hit home with Butler's own concern about the number of injuries being sustained in the Army. Rice noted that Lt. Col. Christopher Harrington, 147th commander, and the command sergeant major were extremely interested.

"Everyone else said, 'We want to see it', and 'We want to know', but the 147th were the ones who volunteered to put it into effect," Rice said.

"The commander and I are always looking for ways to train smarter and improve fitness to do business better. We don't want folks hurt and recovery is expensive," Butler remarked.

Rice mentioned that Operation Aegis will be able to track the test PT soldiers' injury rate, their perceptions of the program, whether they like it or not, how much extra effort and time it takes, and their PT test scores.

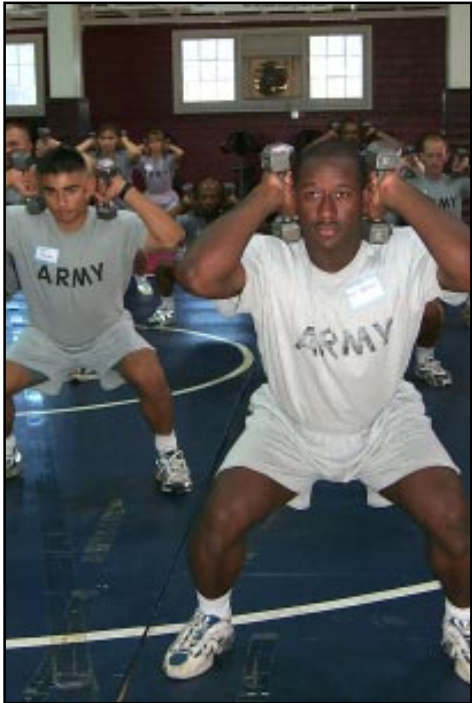
"This is part of the R&D (research and development) process," explained Thomas. "We need to field test it and soldier test it. Unlike the previous doctrine, it has a ramp between the fit and the unfit. There's a massive difference to cover without hurting anyone, and at the beginning, everybody is different. The different movements have not changed in centuries, but we are still working out the bugs in terms of what exercises we want to use. We're

probably 80 percent completed in terms of the 'how to', he said.

There are three important elements in the new PT program, and three areas where they'll be applied-progression, variety and precision, in on-the-ground training, off-the-ground training, and combatives.

Thomas is one of the writers of the new doctrine, much of which isn't new at all.

"What's really interesting is that we're finding all this in previous doctrine. It's all been done before. The doctrine is emerging. It started in 1997 with an extensive review of history. In order to look at the future, we had to go back a little bit further than 1980, when our current doc-



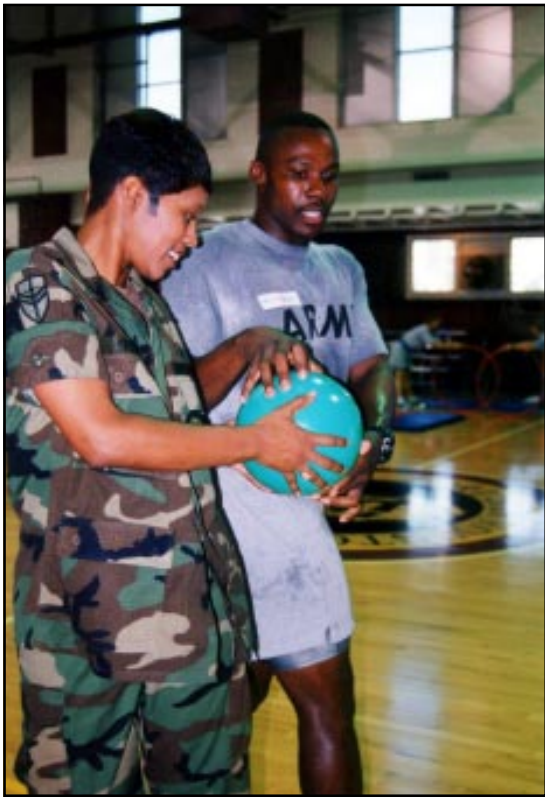
**Sgt. Bernard Brown (right), 147th Medical Logistics (MEDLOG) Battalion and Sgt. Jacinto Garza, 187th Medical Battalion, maintain erect posture as they slowly squat with dumbbells on their shoulders. Brown and Garza are among approximately 30 Center Brigade and MEDLOG soldiers being trained in the new PT program.**

trine was developed. The best PT model we ever had was probably during 1910.

"They had good doctrine, but we also have the value of hindsight, all the literature, all the medical breakthroughs, all the wisdom. And now, we also have technology and leisure," Thomas pointed out. "We have a country where fitness has again become a mainstream idea. What we have here fits right into that."

In the 1920's, the country turned its interest and facilities to sports and games, and away from European disciplines of physical training, according to Thomas. Elaborately equipped gymnasiums were cleared to make room for basketball courts. Then, he said, in World War II, we had to recover some of that wisdom. He remarked that it's very difficult during mobilization to make these changes. Many good soldiers are lost in the initial fight.

The new PT will not only reach for a broad overall level of fitness, but will also target those specific motions of individual job requirements, in peacetime or combat, Thomas said.



## Good Medicine

**Sgt. 1st Class Howard McBean helps Sgt. 1st Class Donna Spellman experience some of the flexibility increasing motions involved in working with medicine balls. Spellman, a student in the AMEDD Advanced NCO Course (ANCOC) attended the open house on new physical readiness training techniques in which McBean was trained last week by staff from the U.S. Army Physical Fitness School. The open house drew battalion commanders, Army Reserve advisors, ROTC representatives, young officers and senior and junior NCOs from throughout the installation.**



# Scout Screenroom

By Sgt. Cullen James  
Scout Staff

**WHERE THE HEART IS**

20th Century Fox (Directed by: Matt Williams; Starring: Natalie Portman, Ashley Judd, Stockard Channing, Joan Cusak, James Frain, Dylan Bruno, Keith David.)

Rated PG-13: Intense thematic material, language and sexual content.

Family Factor: Not overly intense on any of the things the MPAA felt that it needed to be called “intense” for, but I wouldn’t have kids under 10 watching it.

Novalee Nation (Natalie Portman) has a problem. She’s about eight months pregnant, has no family, and while traveling from Tennessee to California her boyfriend strands her at a Wal-Mart in Oklahoma.

What’s a girl to do?

Well other than finding some kind of logical place to go like a woman’s shelter or even a YWCA, Novalee decides to live in Wal-Mart. Logical? No. Does the movie accurately portray the fact that Wal-Mart employees are at their stores to the wee hours stocking shelves? No. But, putting

all that aside, it’s an okay film.

Novalee actually makes it through to term without being discovered, but once her water breaks she’s rescued by the town’s librarian (assistant actually). She becomes an instant town celebrity and even garners some national praise.

While in the hospital postpartum, she befriends Lexie (Ashley Judd). Lexie is up to her chin in children and is still looking for Mr. Right, but she maintains a light-hearted attitude. The two become fast friends and help each other through many of life’s problems.

After her hospital stay, Novalee still has no where to go, but a kind local Samaritan takes her and her new daughter, Americus, into her home.

Novalee takes a job at Wal-Mart (she was offered a job at any Wal-Mart in the country) and begins to etch a life out for her and her daughter. While she works at the one-stop-shopping complex, she also becomes an aspiring photographer.

Having work and home life taken care



*“Where the Heart Is” fills in that “chick flick” niche very well. If you like an “emotional” film.*



*Cheerleaders practice their routines after school in “But I’m A Cheerleader”. Film has strong language, sexual and homosexual content involving teens. This is not a family film or one for the youngsters.*

of, Novalee has only one empty spot — her love life. She’s great friends with her former rescuer — Forney (James Frain) — but she doesn’t know if she loves him or not.

Natural and human disasters flavor the film and Novalee, Americus and all their friends overcome them as they occur.

The film jumps forward in time quite a bit, without young Novalee showing any signs of aging (Come on, Fox, Eddie Murphy can look like a 70-year-old Jewish guy, you could give Natalie Portman some crows feet). But it doesn’t ever lose you in the time shuffle.

Occasionally touching, always on the verge of too cute, “Where the Heart Is” fills in that “chick flick” niche very well. If you like the occasional “emotionally tinged” film, pick it up. If you tend to shy away from them, side step this one.

I give the film: Validity scale (the film’s value as compared to other films) - three-and-a-half cameras; Rental scale (the film’s value as a rental) - four cameras.

**BUT I’M A CHEERLEADER**

Lions Gate Films (Directed by: Jamie Babbit; Starring: Natasha Lyonne, Clea Duvall, RuPaul Charles, Cathy Moriarty, Bud Cort.)

Rated R: Strong language and sexual content involving teens.

Family Factor: Absolutely not one for kids. This is aimed at an emotionally mature audience.

Megan has an ideal life for a 17-year old girl. She’s a cheerleader, her boyfriend is on the football team, she gets good grades, and has doting parents. But into every life, a little trouble must come, and it comes to Megan in a rather dramatic fashion.

Megan’s parents and friends believe she’s a lesbian and hold an intervention. They all confront her — “You don’t have any pictures of guys in your locker,” “You don’t like to kiss,” “You have a Melissa Ethridge poster on your wall,” and other comments.

Involved in the intervention is Mike (RuPaul Charles) who is an employee of a camp/clinic where teens and other young people are taught how to be “straight.” “I’m an ex-gay,” Mike tells Megan.

Of course, Megan doesn’t believe and doesn’t want to go, but in the next scene we see her being dropped off at the camp where the headmistress, Mary (Cathy Moriarty) takes her inside.

The “kick gay” program involves a few steps and plays out somewhat like an alcohol or drug recovery program. All the kids go through an admittance phase where they have to admit their homosexuality. Megan refuses at first, but she soon realizes that she thinks of the other girls in her cheerleader squad in more than a comparative fashion.

After admittance, the teens then must go through “gender identification” training. Doing dishes, vacuuming, and other household chores for the girls, and working on cars, firing guns and chopping wood for the boys.

Eventually Megan comes to a final crossroads concerning her sexuality — which is the main point of the movie.

I wouldn’t recommend this film as a new release, but it’d be a pretty decent rental once it’s off the new release shelves. Also, if you’re offended by homosexuality, avoid this film!

I give the movie: Validity scale - two-and-three-quarter pom-poms; Rental scale - same.

## Showings

**Today — WHAT LIES BENEATH**

- Harrison Ford, Michelle Pfeiffer - Norman and Claire Spencer try to learn the origin of mysterious events that have threatened their idyllic life. Claire starts having strange visions. They find themselves investigating the murder of a beautiful college student who has been appearing to his wife. (Terror/violence, sensuality and brief language). Rated PG-13.

**Saturday Oct. 20 and Wednesday Oct. 25 — BRING IT ON**

- Kirsten Dunst, Gabrielle Union - While the Toros cheerleaders scramble to come up with a new routine, the Clovers cheerleaders, led by squad captain Isis, have their own problems coming up with enough money to cover their travel expenses to the cheerleader championships. With time running out and the pressure mounting, both captains drive their squads to the point of exhaustion: Torrance, hell bent on saving the Toro’s reputation, and Isis more determined than ever to see that the Clovers finally get the recognition that they deserve. But only one team can bring home the title, so may

the best moves win. (Sex-related material and language). Rated PG-13.

**Saturday Oct. 21 — HOLLOW MAN**

- Kevin Bacon, Elisabeth Shue - Caine, a brilliant scientist, heads a top-secret U.S. government research project to unlock the secret of invisibility. When the formula works successfully on animals, an ecstatic Cain recklessly disobeys Pentagon orders and experiments on himself. Unfortunately, the dangerous gamble goes terribly wrong when the procedure cannot be reversed. (Strong violence, language, some sexuality, nudity.) Rated R.

**Sunday Oct. 22 (2 and 7 p.m.) — GODZILLA 2000**

- Takehiro Murata, Miroshi Abe - Suddenly, a massive reptilian form obscures the window of a lonely lighthouse. It has razor sharp teeth in a gargantuan mouth amongst other frightening features. Soon, all in the creature’s wake are utterly destroyed, and everyone can only wonder where this monstrous beast will next appear. (Monster violence and mild language) Rated PG.



# In the Spotlight

See your MWR activity highlighted  
in The Fort Huachuca Scout, call 538-0836.

# B·A·R·N·E·S

## FIELD HOUSE

### Spinning Has Arrived

Spinning, the newest rage in low impact/high aerobic intensity, has arrived at For Huachuca.

Spinning is a form of indoor bicycling. The key to the success of any biking exercise program is proper fit. Indoor cycling can be relatively strenuous on the body, as the hip and knee joints move through limited ranges of motion at varied resistance levels. Therefore, the Spinning Bikes allow the person using the bike to custom fit it to their dimensions.

First, adjust the saddle height. You should be able to place your heel on the lower pedal with your leg stretched out, but not locked.

Second, for the forward/backward saddle position, move the saddle so that as you are sitting in the saddle with your feet in the pedals, you can draw a straight line from the tip of your knee to the middle/top of the foot while the pedal is half way down the forward stroke (3 o'clock).

Finally, handle bar height. Placing your hands on the tops of the handle bars, there should be a relaxed slight flex in the elbows.

Once the fit has been established, record it to memory so that every time you ride the bike, it can be adjusted to fit you, and you only.

Remember safety. Know where and how to use the tension knob in a hurry. If you need to stop the wheel from spinning immediately, pull up on the tension knob.

As an individual work out it is recommended that you start out with a very light resistance or warm up for 5 minutes. You can then adjust your work out to either high revolution/low resistance for aerobic activity or low revolution/high resistance to move into anaerobic activity. A good indication of over exertion is bad form. This is not a good sign and at this point, the individual needs to cut back.

The biggest attraction for this type of activity is the group work out. Coming soon, Barnes Field House will offer group cycling as part of its program curriculum. Until then, Spinning orientation classes will be offered every Monday in November at 1700, Barnes Field House Bldg. 61701. For more information contact Leslie H. Woods, extenuation 533-5031.



# “There Is No Room For . . . Domestic Violence in the Army Family”

Domestic violence is the intentional physical injury, and/or a pattern of intentional acts that affect psychological well-being, and/or forced sexual activity. October 2000 is National Domestic Violence Prevention Month. This year's theme is “There is No Room for Domestic Violence in the Army Family.”

Do You Know the Facts About Family Violence? Answer each statement **True** or **False**. Be sure to check your answers.

- T F

1. It's not against the law to slap your own spouse.
- T F

2. “Battering,” means beating someone to the point of bleeding or broken bones.
- T F

3. Alcohol and drug abuse cause family violence.
- T F

4. Battering is passed from generation to generation.
- T F

5. Men being injured by women is just as big a problem as women being injured by men.
- T F

6. Most victims of family violence are not seriously injured.
- T F

7. If a battered woman would leave her abuser, she'd be safe.
- T F

8. The police can't do much about family violence.
- T F

9. Arresting batterers and putting them in jail will end family violence.
- T F

10. Violence in someone else's family is not my business.

Answers:

1. **False.**

A slap is a form of assault. Assault of another person, including one's spouse, is illegal.
2. **False.**

Battering (the same as assault) means causing bodily injury. There does not have to be any visible injury at all.
3. **False.**

Many people who are violent toward family members never drink or use drugs.

- Others drink or use drugs but never batter. So we cannot say that alcohol or drugs cause family violence. However, over 50% of family cases also involve substance abuse; and when both are occurring , both are harder to stop.
4. **True.**

Children learn from their experiences-including violence. It is more likely that an adult man who was abused as a child or saw his mother being battered will abuse his wife or girlfriend.
5. **False.**

Of all abused adults with visible injuries, more are women. While it's true that some women do hit men, it's the other way around in most cases.
6. **False.**

Battering caused more injury to women than auto accidents, street mugging, and rape combined. More than one-third of women seen in the emergency rooms have been recently battered.
7. **False.**

Threats, harassment, and assaults often escalate just after a battered woman leaves her abuser. Leaving can be the most dangerous time in the relationship. That's why it's important for him/her to go to a safe, secure place such as a battered women's/men's shelter.
8. **False.**

Many police departments now make immediate arrest for suspected family violence.
9. **False.**

Arrest and jail alone are not usually enough to make a batterer permanently stop being violent. Counseling is also necessary. However, arresting and jailing batterers is important because it temporarily stops their violence and lets them know that our society does not tolerate battering.
10. **False.**

One-half of American females experience family violence at some time in their lives; your daughter, sister, brother, or neighbor could be next. That makes it your business.

### Texas Counsel on Family Violence

If you suspect abuse, the reporting point of contact is the military police at 533-2181. For further information you may contact you Family Advocacy Program Manager, Ms. Shirley M. Pettaway, at 533-6878.

# LATIN SOUNDS

## Friday & Saturday Nights

### 10 pm to 4 am

Full bar service!

See manager for information on the designated driver program!

Must Be At Least 21 years old!

Starting Nov 3 at...



For Information call: 533-7322





# Fort Huachuca Morale, Welfare & Recreation Updates



The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout.

Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to [germanp@huachuca-emh1.army.mil](mailto:germanp@huachuca-emh1.army.mil).



**New Beginnings Fall Activities**

October is a busy month at New Beginnings Child Development Center (CDC). The children collect leaves and grasses for their nature collages. Sweaters, jackets, and hats become a must during the early morning and early evening hours. On Thursday, October 26, the children, teachers, and families celebrate the 8th Annual Harvest Time Open House. This year the theme is “Literacy, A Step Toward Your Child’s Future.” Every teaching team presents hands on activities in their classrooms that promote pre-reading skills. Children will have fun finger painting, planting pumpkin seeds, creating books, and making the “hungry, hungry caterpillar.” This event is free and open to

the public. The door open at 6:15 p.m. and activities will continue through 7:45 p.m. For more information call the CDC at 533-7057.



**MWR Veterans’ Day Closings**

The following MWR facilities will be closed for Veterans’ Day, Friday, November 10.

MWR Rents, Sportsman Center, Lakeside, LaHacienda, New Beginnings Child Development Center Army Community Service and New Beginnings Child Development Center. MWR Box Office will be closed November 11-13.



**MWR Rents New Fall Hours**

MWR Rents will have new hours, with Sunday, October 29 being the last day of Sunday operating time. New hours as follows:

SUNDAY	CLOSED
MONDAY	9AM-5PM
TUESDAY	9AM-5PM
WEDNESDAY	CLOSED
THURSDAY	9AM-5PM
FRIDAY	9AM-5PM
SATURDAY	9AM-5PM

**Army Team Building**

On Saturday, October 21, AFTB (Army Team Building) will be holding a level 1 class at Murr Community Center from 9 a.m. to 3 p.m. Pre-registration is suggested, but not required. For more information or to register contact the AFTB Coordinator at 533-3686/2330.

**Sabbar Shrine Circus Tickets**

The Sabbar Shrine Circus is coming to Fort Huachuca November 4 and 5. Shows at 2 and 4pm Saturday, and at 1 and 5pm on Sunday at the Special Events Park. \$2 off tickets for Military ID card holders. For further information call Brenda at MWR Box Office 533-2404. Tickets can also be purchased at Safeway in Sierra Vista.



## Fishing Report

Arizona Southern Water

**TUCSON URBAN** - The urban lakes were stocked with channel catfish last week. Oxygen levels have returned to normal at Lakeside. Catfishing at all urban lakes has been good. Buy a pole stamp and try different baits to double your chances.

**RIGGS FLAT** - Stocked with rainbow trout. Fishing is good. Was recently stocked with 5,000 fingerling brown trout. Check with the Forest Service, Safford Ranger District, for camping and fire restrictions at (520) 428-4150.

**ROPER LAKE** - Slow for bass, and catfish. For largemouth bass try fishing jigs along the breaks and outside edges of the cattails. Good for sunfish; use worms in shady areas. For lake information call (520) 428-6760.

**DANKWORTH POND** - Poor for all species. For lake information call (520) 428-6760.

**ARIVACA** - The oxygen level is not stable and the lake is experiencing some fish kills. Surveys show fair numbers of small bass, but almost no fish exceeding 12 inches. No other fish stockings are planned until the water quality stabilizes. Due to elevated mercury readings in the warm water species, (bass, sunfish and catfish) it is recommended that these fish not be eaten until further notice. Catch and release should be practiced.

**PENA BLANCA** - Fishing is fair to good for bass, best fishing at night. Re-

cent surveys show a healthy bass population with good numbers of fish in the 15 to 18-inch range. Use artificial worms in rocky areas where the aquatic vegetation is less dense for largemouth bass. The weeds have been cut, so fishing access has improved. Due to elevated mercury readings in the warm water species (bass, sunfish, crappie and catfish), it is recommended that these fish not be eaten until further notice. Catch-and-release should be practiced. For lake information call (520) 281-2296.

**PATAGONIA** - Fishing is fair to good for warm water species; bass, sunfish and catfish. Best fishing is early morning, late evening and at night. Recent surveys show excellent populations of bass and sunfish. Try artificial crayfish or worms close to the shore at breaks in the cattails. Try worms in shady areas for large bluegill and redear sunfish. Crappie fishing is fair. Channel catfish are biting on worms, hotdogs or stink bait. For lake information call (520) 287-6063.

**PARKER CANYON** - Fishing is slow for warm water species (bass, catfish and sunfish). Try artificial worms or night crawlers. Lots of small northern pike in the 12 to 15-inch range are being caught. Try flies, corn, worms, and Power Bait, crankbaits and spinner baits. The limit is six northern pike. Anglers are encouraged to try to catch this illegally introduced spe-

cies. The water level is rising; boat launching is not a problem. For lake information call (520) 455-5847.

**PICACHO RESERVOIR** - Due to extremely low water conditions Picacho Reservoir has experienced a fish kill.

**ROSE CANYON LAKE** - Is stocked with rainbow trout. Fishing is good. For lake and camping information call (520) 749-8700.



## Sabbar Shrine circus comes to La Hacienda Nov. 4 - 5

*By Tanja Linton  
Public Affairs Specialist*

The Sabbar Shrine Circus brings big time fun to the big top Nov. 4 and 5 at the post’s Special Events Park located near LaHacienda.

Showtimes for Saturday are 2 and 4 p.m., and there are a 1 p.m. and 5 p.m. shows on Sunday.

Tickets are \$10 for adults, \$7 for children and military ID card holders receive a \$2 discount. Get your tickets at the MWR box office on post, or call them at (520) 533-2404 or 1-888-921-4745. Tickets are also available at the Sierra Vista Safeway store.

